

2 Week Emergency Supply Guidelines

Emergency Management Officials and Disaster Relief Agencies suggest that every household have not less than a two week supply of non-perishable food, water, medication, first aid supplies and other supplies and materials that you would require during an emergency. Don't forget the dietary and other needs of the very young, those with special medical needs, the elderly and your pets and other animals. It is also recommended that you have basic tools and supplies to make necessary home repairs and/or assist you in extrication.

If you or family members require electrical power to operate special medical equipment, are dependent on oxygen, require dialysis or have other special needs, you should register with your local Emergency Medical Services unit and your local Elderly Services Organization.

Your home emergency supplies should be stored in a cool, dry area in or near a location that would or could be used as an emergency home shelter.

We strongly recommend that everyone learn CPR and basic First Aid. We also encourage families to develop an emergency plan and conduct practice drills of the plan to make sure everyone knows what to do in the event of an emergency. Your family emergency plan should include an in-town and out-of-town contact. This can be a family member, relative or close friend that each family member can contact, should you become separated. In the event that you must evacuate your home, set up a designated meeting place on or nearby your property, such as a large rock, tree, wall or a neighbor's home. All family members should carry photo id and have a laminated recent family picture. This will assist in identifying missing family members.

Suggested supplies for a 2 week Emergency Kit

Canned, non perishable food that do not require cooking	Stews and Soups
Tuna fish, Ham and other canned meats	Health foods, Granola Bars, Chocolate
Nuts and Trail mixes	Dried fruit or canned fruit juice
Hard candy, life savers	Cookies, crackers, peanut butter, jelly, salt, sugar, honey
Canned or powdered milk, tea, coffee or instant coffee	Bottled water (At least 1 gal. per person/animal, per day)
Soap, shampoo, deodorant, skin cream	Toothbrushes and toothpaste

Baby food, formula, baby supplies	Paper plates and plastic utensils
Manual can opener	Chlorine bleach
Fire extinguisher (ABC type)	Sterno or other form of indoor canned heat
Outdoor camping stove or gas grill with extra fuel supply	Sleeping bags or extra blankets and pillows
Plastic trash bags	Prescription and non-prescription medications
First aid kit and supplies	Insect repellent and sunscreen
Flashlights, lanterns and supplies for them (batteries, fuel, mantles, bulbs - do not store with batteries in unit).	Battery operated NOAA weather radio with extra batteries (do not store with batteries in unit).
Pet food, water, medications and medical record	Leash, blanket, pet toys, flea collars, towels, other items
Food, water and medications for your farm animals	Leads, blankets, towels, other items for farm animals
Hard hat, safety glasses, work gloves, protective gear	Portable generator (connect only according to local code)
Heavy duty extension cords	Sandbags, shovels, rakes, brooms
Rope and wire	Ax and bow saw, pruning cutters, chain saw
Crow bar	Sledge hammer
Carpenter's hammer and asstd. nails	Screwdrivers (flat and phillips) and asstd. screws
Utility knife and or survival tool (e.g. Leatherman)	Adjustable wrenches, pliers

First Aid Supply List

First Aid Kit - suggested supplies

- **Disposable Latex gloves**
- **CPR microshield with gloves**
- **Sterile gauze pads (2, 3 and 4 inch sizes)**
- **Gauze roller bandage (2 and 3 inch - individually wrapped)**
- **Conforming gauze bandage (2 and 3 inch wide)**
- **Triangular bandages (individually wrapped)**
- **Band-aids (3/4 and 1 inch wide)**
- **Adhesive tape (cloth tape - hypoallergenic)**
- **Instant cold packs**
- **Syrup of ipecac**

- **Antiseptic swabs**
- **Alcohol pads**
- **Utility scissors**
- **Tweezers**
- **Thermometer (Single use - individually wrapped)**
- **Cotton-blend elastic bandage (Ace bandage - 2 and 3 inch size)**
- **Barrier protective glasses (Individually wrapped)**
- **Biohazard bags**
- **Disposable rescue blankets**
- **Flashlight with extra batteries**
- **First-aid book**
- **Inventory of contents**
- **Emergency phone number lists to include:**
 - **Ambulance**
 - **Police**
 - **Fire**
 - **Poison Control Center**
 - **Hospitals**